



HERITAGE

Here for each other, call 978-674-4131 to stay in touch.

Aquí estamos una para el otro. Llame al 978-674-1168 para mantenerse en contacto.

Aqui um para o outro, chama 978-674-1167 para ficar em contato.

ពួកយើងនៅទីនេះសម្រាប់គ្នាទៅវិញទៅមក
សូមធ្វើការហៅទូរស័ព្ទមកលេខ 978-735-9247 ដើម្បីរក្សាទំនាក់ទំនង។

Tunawatakia kila la kheri. Tuna wakumbusha pia tuko hapa kwa ajili yenu. Tuwasiliane kwa simu numba 978-674-1174. Asanteni!



Massachusetts COVID-19 Testing and Vaccines

In December, Cataldo and Trinity Ambulance offered free COVID testing for all Lowell residents by appointment at Showcase Cinema and Cawley Stadium. Testing is also available through your primary care doctor or at free and paid sites statewide. You can learn more about current testing options at mass.gov/covid-19-testing, lowellma.gov/coronavirus or call the senior center at 978-674-4131.

Starting in December, Healthcare workers and residents of long-term care facilities are receiving vaccinations, and first responders are the next priority. Details are not yet available for how we will receive vaccinations based on comorbidities (high risk for COVID-19 complications) or occupation.



PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



PHASE TWO

In order of priority

- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity



PHASE THREE

Vaccine available to general public

We'll have information about how adults age 65+ can get vaccinated in our next newsletter, and by calling the senior center AFTER March 1.

December - February

February - April

April - June

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

City Council**Mayor**

John J. Leahy

Vice Chair

Rita M. Mercier

* * * * *

Sokhary Chau

David J. Conway

John Drinkwater

Rodney M. Elliott

Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 P.M.
Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

Library Senior Center Branch

978-674-1177

Open for computer use
by appointment.**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**~~~~~
Monday–Friday:
7 am to 3 pmSaturday–Sunday:
Open for meals onlyDaily Takeout Breakfast:
7:00-9:00 amDaily Takeout Lunch:
10-11:30 am~~~~~
Director: Lil Hartman**Receptionist:** Tara Donnelly**Events:** Carol Lannan**Outreach Team**Amy Leal 978-674-1167
(Portuguese, Spanish)Gladys Rosa 978-674-1168
(Spanish)Eunice Wanjiru 978-674-1174
(Swahili)Seila Chuop 978-735-9247
(Khmer, Korean)**COUNCIL ON AGING
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**Eric Lamarche**John R. Lawlor**Vincenzo Milinazzo**Amy Pessia**Anne Marie Porter*~~~~~
**Next meeting: Monday,
January 11th
at 9:00am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading
The Heritage Newsletter
online?Visit: www.lowellma.gov/seniors*Join our e-mail list for weekly
updates about events, and a notice
when the newsletter is available
online.**Please call 978-674-4131 to share
your email address with us.*

All City departments will remain fully operational and available to assist members of the public remotely during regular business hours by phone and through online platforms. Individuals seeking assistance are advised to contact the appropriate department by phone, or to call the City's main line at 978-674-4000 for general assistance.

Payments for bills processed by the Treasurer's Office, including real estate taxes, personal property taxes, motor vehicle excise taxes, and water bills, can be made online at: lowellma.gov/paybills.

Payments by check or money order can also be deposited in person via the City's secure dropbox located at the JFK Plaza entrance of City Hall. Individuals using the Dropbox should ensure that their payments are in a sealed envelope.

Happy New Year!



For a happy and healthy new year, we wish you lots of good food! We have monthly lunch specials coming up for Mid-Winter Pot Roast and Valentine's Day. If you are having trouble getting enough healthy meals please call us to talk about meals on wheels, brown bag groceries, our takeout meals, shopping bus, food stamps, farmer's market and local pantries that might assist you.

Thanks to your many donations to the Friends this winter, several in memory of long-time member Theresa Beninate. We also really appreciate the Santa holiday decorations that were donated by the family of Jack Perry, Linda Collins' donation of handmade masks, and all our volunteers who deliver meals or call for a friendly conversation with neighbors. There's still time to join Phone Pals this winter to stay connected.

It's time to join our Friends organization or renew your membership! This important organization pays for the mailing of this newsletter and covers some program expenses so we can offer more for seniors than the city budget provides. Residents of all towns and all ages are welcome to join to support the Lowell Senior Center. Friends members will vote in April 2021 to elect their fundraising board. They are not accepting membership fees in-person this year due to the pandemic. Instead, \$5/person can be mailed to the Friends of Lowell COA, 276 Broadway St, Lowell MA 01854.

The Lowell Council on Aging is a separate group of nine Lowell residents with diverse backgrounds who review policies and programs for the senior center. There are currently vacancies on that board, if you are interested please visit the Lowell Human Resources website or give me a call at 978-674-1170.

We're looking forward to COVID-19 vaccines allowing us to meet in person with fewer restrictions this year. As of Dec. 11 the senior center building is closed to the public with our gym and computers no longer available. These same services will be the first to reopen as COVID cases decline in Lowell, along with tax preparation and indoor meetings with staff. We hope to have good news to share about vaccines and new programs coming up in our March/April newsletter. Until then, stay safe!

~ Lil Hartman

978-674-1170

MA Stay-at-Home Advisory 11/2/20

- Stay home between the hours of 10pm-5am.
- Between 5am-10pm, only leave home to go to work or school or for essential needs such as seeking emergency medical care, going to the grocery store or pharmacy, picking up take-out food, or receiving deliveries. If you do leave home, practice social distancing by staying 6 feet away from others and wearing a face covering.
- Don't have gatherings in your home with anybody outside of your household.
- Comply with all Governor's Orders, including orders requiring face coverings, limiting gatherings, and mandating early closure of businesses
[for Dec 26-Jan 10, 10 people or less for indoor gatherings, 25 people outdoors]
- Practice social distancing and avoid touching surfaces frequently touched by others when you're outside your home.
- Use remote modes of communication like phone or video chat instead of visiting friends or family.



Become a Lowell Senior Center Phone Pal

During this time we are all feeling isolated by the pandemic of COVID-19. By simply offering a fellow senior a friendly call for social support, we can make a difference within our community. By keeping spirits up we are inviting those who are interested in the Phone Pal Program to please contact the senior center.

Please reach out to Gladys at 978-674-1168 or by email at Crosa@lowellma.gov

In the email please state your name, contact information, availability and interest. |

AARP Foundation Tax Program

AARP Foundation Tax-Aide volunteers are planning to return to prepare tax returns at the Senior Center in 2021 pending approval by the City of Lowell. Due to COVID-19 restrictions, however, there will be some changes. For the safety of our taxpayers and volunteers, we will no longer prepare the returns on the spot, sitting with the taxpayers. Instead, a small team of volunteers will conduct a short interview with each taxpayer and scan all their documents, returning the original documents to the taxpayer.

We will schedule a second appointment, on another day, for the taxpayers to return to review, sign, and pick up their returns. While we understand that having to make two trips is inconvenient, this process will minimize contact between the volunteers and taxpayers.

We anticipate starting sometime in February – tentatively the week of 15 February 2021; the exact date will depend on when our software is ready to use. Note that with the COVID-19 related limitations/restrictions, we will not be able to prepare as many returns as we have done in the past and may refer taxpayers with more challenging returns to paid preparers.

To schedule an appointment, call or text 978-710-8607 or visit aarp.org and search Tax-Aide Locator to make your own appointment online. We will not make any appointments until 26 January 2021.



Martin Luther King Jr.

Find and circle all of the words related to Martin Luther King Jr. that are hidden in the grid.
The remaining letters spell a Martin Luther King Jr. quote.

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L Y O V E E T I S M A R C H E S D T T H
B E R V N S O B A H C N F W T E L T I Y
F O A E I O A T U T Y H A A T U O O H R
L R L T M L N S S T L S A A T C R P A S
B U P D C O B V I E H A N L Y H R T V E
Y A F O N A G L I I T I N O L O E M E C
B R N E N A A T N O S O B T G E I R A I
L Y O D C U C G N S L S R R A C N L D T
E T I T Q A T I A O U E E P H C O G R S
A S T E S O E S R B M S N A E V C A E U
D I A P N I S P M E S A E C E B L E A J
E V G O F A H S T R M L A N E M S H M N
R I E F E Z I R P E C A E P L E B O N I
E T R O R C M I N C H A N G E M G L R S
K C G M A H G N I M R I B A A P N I O P
A A E R E O P P R E S S E D C H H D T E
E A S N E M Y A T T E R O C I I E A S E
P M E V I G R O F N G N O R T S R Y A C
S L D T T N E M E V O M E P O H O F P H
O E H A T E C I V I L R I G H T S F A E
R S I E N Y O L A N D A D R O T A R O S
  
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ACTIVIST	CORETTA	INJUSTICES	PASTOR
AFRICAN AMERICAN	DESEGREGATION	LEADER	PEACEFUL
ASSASSINATED	EQUALITY	LOVE	PROGRESS
ATLANTA	FATHER	MARCHES	PROTEST
BALCONY	FORGIVE	MEMPHIS	RACISM
BAPTIST	HATE	MICHAEL	SELMA
BIRMINGHAM	HERO	MONTGOMERY	SPEAKER
BOLD	HISTORY	MOVEMENT	SPEECHES
BRAVE	HOLIDAY	NOBEL PEACE PRIZE	STRONG
BUS BOYCOTT	HOPE	NON VIOLENCE	TRUTH
CHALLENGE	HUSBAND	OPPRESSED	WASHINGTON
CHANGE	I HAVE A DREAM	ORATOR	YOLANDA
CIVIL RIGHTS			

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

Hidden sentence: Love is the only force capable of transforming an enemy into friend.

CRANKSHAFT



Get Fit, Stay Fit from Home

On Lowell cable Channel 8 or www.LTC.org

Yoga Mondays 1:30

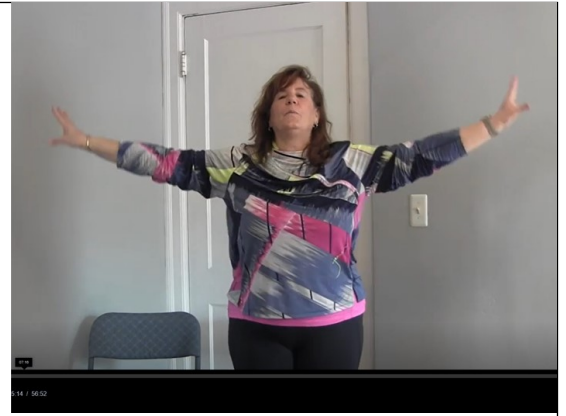
Recovery Fitness Tuesdays at 10am and Thursday at 9:30pm

Tae Kwon Do Wednesday 8pm

Young at Heart Wednesdays at 3pm

Lowell Senior Center "On the Move" Tuesday 1:30pm,

Fridays 3pm, Saturdays 10:30am.



Our very own Marian Silk has recorded 8 sessions for her class participants and new members to join in! Please mark your "attendance" by calling in, 978-674-4131.

"Buried in Treasures" Support Group

15 Tuesdays at 2pm starting Jan. 26

To learn more, contact Lil at 978-674-1170 or if you would like to participate in this FREE 15-week supportive workshop, coaching and self-help group (Lowell residents age 60+). Optional video conference equipment will be provided as needed. This program is funded by a federal Community Development Block Grant and offered collaboratively with Coalition for a Better Acre.



CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



Living My Dream Yoga

Christine Connolly RN, BSN

500 hr Kripalu Yoga Teacher

Reiki II Practitioner

www.livingmydreamyoga.com

Zoom Classes ... Tuesdays 10:00 am ... Free



- **Are you age 50+**
- **Do you live in Lowell?**
- **Do you want to help make Lowell a great place to grow older?**

**TAKE ACTION! USE YOUR VOICE
TO SHAPE THE FUTURE OF OUR CITY**



**Sign up now for an information session starting
January 2021 (remote option available) 978-674-1174**

Support provided by: UMass Lowell, Greater Lowell Health Alliance, Lowell Community Health Center, Lowell Senior Center and other partners. Grant funding by Tufts Health Plan Foundation.



Foot Clinic with Diane Stanley, RN

Thursdays,
January 21st and February 18th
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.



Call for appointments:
978-674-1167

2nd Floor
Nurse's Station

got flu shot?

Please Donate

We are now accepting donations of wheelchairs



(gently – used and with foot rests), walkers (gently used), shower chairs (new or never used please). Thank you



Need assistance with Medicare? **SHINE can help!**

SHINE = Serving Health Insurance Needs of Everyone...on or eligible for Medicare.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Medicare Advantage
Open Enrollment Period

January 1 – March 31

If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) **once** during this time.

What **can I do?**

* If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

* You can drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a Medicare drug plan.

What **can't I do?**

* Switch from Original Medicare to a Medicare Advantage Plan.

* Join a Medicare drug plan if you're in Original Medicare.

* Switch from one Medicare drug plan to another if you're in Original Medicare

Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone only. Please call 978-946-1374 or email lowellmashine@gmail.com and leave your name, phone number, and address for more information.

Meal Specials at the Lowell Senior Center (Age 60+)

Friday, Feb 12th

Valentine's Day

Italian meal with Tiramisu

Friday, January 22nd

Mid-Winter Feast

Pot Roast with potatoes & veggies



Senior Transportation

Please call 978-674-4131 if you need a \$1 ride to the grocery store. On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each round-trip.

We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at 800-892-0890.



Meals on Wheels NEEDS Volunteers Like YOU!

A Meals on Wheels volunteer driver may be the only person a home-bound senior sees in a day, or sometimes a week. Volunteers offer a daily dose of human connection and a nutritious meal that helps keep seniors happy and healthy. Become a volunteer driver today.

Contact Elder Services of the Merrimack Valley and North Shore at 978-686-1422 or nutrition@esmv.org.

Lunch Menu: January-February 2021

January/February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1/10 Meatball sub Potatoes Broccoli salad Apricots	1/11 Chicken a la king with carrot/peas/ green beans Rice Apple & Fruit Juice	1/12 Chili con carne Rice Salad w. tomato Banana Pudding	1/13 Cheese ravioli Ground turkey pasta sauce Carrots, oranges	1/14 Oven fried chicken drumstick Rice, greens Strawberry cup	1/15 Beef stew with potato, rice, car- rot, peas and to- mato Watermelon	1/16 Pork chop Rice Salad w. tomato Applesauce
1/17 Bell peppers stuffed with beef, rice and corn Potatoes Pineapples	1/18 CLOSED for Martin Luther King Day	1/19 Hotdog on bun Baked beans Kale Peach and pear fruit cocktail	1/20 Herb chicken Mashed potato Collard greens Apricots	1/21 Turkey legs Potatoes Carrots, peas and turnips Citrus fruit cocktail	1/22 Mid-Winter Feast Pot roast Mashed potatoes Glazed carrots Peas Chocolate Cake	1/23 Stuffed cabbage with beef, rice and tomatoes Pears
1/24 Baked chicken Mashed potatoes Peas Salad w. tomato Banana	1/25 Spaghetti and meatballs Green beans Mandarin oranges	1/26 Steak cheese sub Peppers & onion Mashed potato Spinach Cookie	1/27 Shells stuffed with ground turkey Pasta sauce Carrots, cauliflow- er, broccoli blend Blueberry bread	1/28 Roast pork/gravy Scallop potatoes Brussels sprouts Applesauce	1/29 Spanish chicken Rice Carrots, olives Citrus fruit salad	1/30 Sausage sub Pepper & onion Roasted potato Green beans Vanilla pudding
1/31 American chop suey Collard greens Carrots Cake	2/1 Ham Potato Carrots Pineapples	2/2 Lasagna with spinach/zucchini Meat sauce Salad w. tomato Apricots	2/3 Chicken stew with rice, potato, car- rots and peas Mandarin oranges	2/4 Beef patty Mashed potato Corn Pineapples	2/5 Tuscan Pollock Rice pilaf Kale Banana	2/6 Mac n cheese Marinated chicken Spinach and blue- berry salad Chocolate pudding
2/7 Chicken sandwich w. tomato, lettuce Pasta salad Apple	2/8 Cheeseburger Potato salad Cucumber Broc- coli Tomato salad Applesauce	2/9 Liver n onions Mashed potato Peas Strawberry cup	2/10 Chicken scampi Egg noodles Broccoli Pears	2/11 Fish stick plate Potato Coleslaw Cookie	2/12 Valentines Meal Vegetable Soup Chicken Parm Spaghetti Collard greens Tiramisu	2/13 Shepherds Pie with corn, potato, beef Green beans Mandarin oranges
2/14 Valentine's Day Stuffed cabbage with beef, rice Stewed tomatoes Rice pudding	2/15 CLOSED for President's Day	2/16 BBQ Chicken Rice Carrots/peas/ green bean mix Citrus fruit salad	2/17 Turkey dinner Potato w. gravy Broccoli Applesauce Alt: Tuna sandwich	2/18 Breaded pork Scallop potatoes Brussels sprouts Pears	2/19 Baked Pollock Rice Carrots Cantaloupe	2/20 Chicken broccoli Ziti alfredo sauce Salad w. tomato Apple slices
2/21 Meatloaf Potato Peas Mandarin Oranges	2/22 Bell peppers stuffed with beef, rice and corn Potatoes Cookie	2/23 Baked chicken Rice Salad w. tomato Applesauce	2/24 Meat lasagna Green beans Mandarin oranges	2/25 Beef stew Broccoli Carrots Cake	2/26 Roast pork/gravy Potato Spinach Orange	2/27 Chicken a la king with carrot/peas/ green beans Egg noodles Cantaloupe
2/28 Sloppy Joe on bun with Rice Pears, Carrots, cauliflower, broccoli blend	<p><i>Menu subject to change based on food availability. All lunches are served with milk and bread. A soup of the day will be available frequently during the colder months. Do you like a particular menu item, or have a recipe to share? Please call us at 978-674-1170 to provide feedback or email jwilkins@lowellma.gov</i></p>					

February is Black History Month

Who was Crispus Attucks?

Crispus Attucks was an American born ~1723 in Framingham. He was of African and Native American descent, and may have been enslaved before his life as a sailor and dock worker. He was the first person killed by British soldiers at the Boston Massacre in 1770, and is buried alongside the four other Boston Massacre victims at the Granary Burying Ground in Boston. He is a hero of the American Revolutionary War.



Public domain image from Wikipedia

The DTA office is closed to the public. But you can get your SNAP application at the Lowell Senior Center or we can mail one to you! Call 978-674-4131

A commitment to care. A legacy of compassion. This is D'Youville.

D'Youville
LIFE & WELLNESS COMMUNITY

Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice

Most insurance plans accepted

981 Varnum Ave. • Lowell, MA
(978) 569-1000
www.dyouville.org

The Greater Boston
**FOOD
BANK**



**BROWN
BAG**

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.



DATES: 4th Tuesday

January 26, 2021

February 23, 2021

March 23, 2021

**FOR INFORMATION,
CONTACT:**

Laura Marsan
(978) 946-1303

Justin Jordan
(978) 946-1279

**Please bring reusable
bags, baskets, or a cart
to carry your food.**

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



Need help with technology? Finding resources is easy as 1-2-3!

The Pollard Memorial Library has several new online tech resources:

Tech @ Home:

The library's website page devoted to online tutorials for new and intermediate computer users. Find it here: <https://lowelllibrary.org/services/tech-home/> Here you will find links to online tutorials and exercises as well as handouts for the library's technology workshops.



Low-Cost Internet Access

Comcast offers a \$10/month internet package for income-eligible households, as well as low-cost laptop or desktop computers. First 60 days of internet access are free. Learn more at internetessentials.com

Xfinity wi-fi hotspots around the community are free to the public through 2020 due to the pandemic. Find your nearest hotspot on their interactive map at <https://wifi.xfinity.com/>

Assurance Wireless 1-888 321-5880 and Safelink Wireless 1-800-723-3546 offer free cell phones with data plans for income-eligible households.



Lowell Health Department

Prevent • Promote • Protect

Lowell City Hall and City Facilities are closed to the public as of December 11th, 2020.

**Syringe Collection Program
services are still occurring.**

To utilize our Sharps Disposal Kiosk,
please call the Substance Abuse and
Prevention Division at 978-674-4304 to
schedule an appointment.

To place a discarded syringe pick-up
request, continue to call the Syringe
Collection Program Coordinator at
978-674-1049.

Here are some important numbers for managing food security and stress in this difficult time:

Cash Assistance DTA Applications

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

Meals on Wheels (open to anyone over 60 regardless of health): 1-800-892-0890

Project Bread Food Source Hotline 1-800-645-8333

Merrimack Valley Food Bank Mobile Pantry Program: 978-454-7272

Manage Anxiety & Stress: Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

National Suicide Prevention Lifeline 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

FUEL ASSISTANCE for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

Access YOUR Veterans Benefits!

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at elamarche@lowellma.gov or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.



Senior Abuse Hotline Number

To report suspected elder abuse, call: 1-800-922-2275

Elder Services of Merrimack Valley & North Shore

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage 1-800-892-0890

Legal Services Assistance & Referrals

1-800-342-5297

Fuel Assistance

978-459-6161

DTA Hotline (SNAP/Food Stamps)

Direct line for seniors: 1-833-712-8027

MassHealth

1-800-408-1253

Social Security Administration

1-800-772-1213

Medicare

1-800-633-4227

**FRIENDS OF LOWELL COUNCIL ON AGING
276 BROADWAY ST
LOWELL MA 01854**

Wednesday, April 28th 2021 ELECTION

Board Nomination Form for All POSITIONS:
PRESIDENT, VICE PRES, SECRETARY, TREASURER, and 5 DIRECTORS

Candidate Information:

Name: _____

Home address: _____

Contact phone number: _____

E-mail address: _____

Employment/Position: _____

Education: _____

NOMINATED FOR 2 YEAR TERM S:

1. PRESIDENT _____

2. VICE PRESIDENT _____

3. SECRETARY _____

4. TREASURER _____

5. ONE OF FIVE DIRECTORS _____

*** MUST BE RETURNED BY: FRIDAY, MARCH 26th 2021 ***

Submitted by:

Name: _____ Date: _____

Phone: _____ E-mail: _____

Has this person been contacted to determine their interest in being nominated? Yes ___ No ___

If "yes," would he/she be willing to serve if elected? Yes ___ No ___

2020 Friends of Lowell Council of Aging Membership Drive

We are reaching out to everyone who comes to the center to invite you to join the Friends! Thank You for your interest in being a part of FLCOA. We are looking forward to seeing you at future meetings held in the Board Room of the Senior Center the last Friday of the month except July and August.

Applicant

Name _____

Address _____

Phone # _____

Email _____

Please return this form to:

Friends of LCOA
276 Broadway Street
Lowell, MA 01854

Are you interested in volunteering with the Friends Board, fundraising, or Bingo?

What are you most looking forward to when the Senior Center reopens?

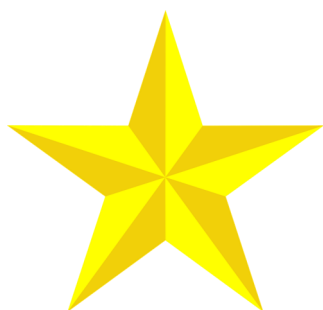
The cost is \$5 per calendar year. Any additional donations are gratefully accepted.

☐ I am enclosing a check for membership, \$5 / person.

☐ I am enclosing an additional donation of \$ _____ to support the Lowell Senior Center.

We are an organization, whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging.

There is no age restriction for joining. Everyone is welcome.



Friends Lowell Council On Aging Election
Wednesday, April 28, 2021 ... 10:00 am to 2:00 pm
Nomination Papers Deadline:
Friday, Mar. 26, 2021
Call the Senior Center For Nomination Forms



Welcome Friends

BOARD OF DIRECTORS

PRESIDENT

Dr. Joseph M. Downes

VICE PRESIDENT

Rita M. Mercier

SECRETARY

Claire Brodeur

TREASURER

Jacqueline Denison

DIRECTORS

Ken Ashley

Lenny Gendron

Beverly Gonsalves

Joe Peirce

Doris Santos

~~~~~  
Office: 978-674-1175  
~~~~~

**Friday,
TBD
at 9:30 am**

Public Welcome

Friends of the Lowell Council on Aging

The Friends of the Lowell Council on Aging Center Inc. is the fundraising group for the Lowell Senior Center. Funds raised are utilized for many purposes. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m. in the Board Room on the second floor of the Senior Center. No meetings are scheduled in July and August. Donations are accepted and happily welcomed.

Here we are at the beginning of 2021. No place to go but up. Hopefully we will all be recipients of the vaccine and gradually return to some kind of normalcy. We still request that you send your membership renewals by mail. Membership requests can be sent into the center with the form that is printed in this issue of the Heritage. There is limited access to the Center and no activities, only breakfast and lunch grab and go. Of course you can still call and someone will be able to give you an answer to your inquiry.

This is an election year for the FLCOA Board of Directors. As always there are nine openings: President, Vice President, Secretary, Treasurer and five Directors. We hope to have more of our members step up and run for one of these positions. The meetings are only once a month on the last Friday and a new voice is always a welcome asset. This past term we had to fill two director's positions due to a resignation and a death. It was good that we had nine members who ran for director in the last election. If not, we would have had to have a special election rather than take the candidate with the next most number of votes.

The only provision to run for office is to be a paid member before Friday, March 26, 2021. This is also the deadline for Nomination papers to be submitted. Any member submitting a Nomination Paper that is received after Friday, March 26, 2021, will not appear on the ballot for the Wednesday, April 28, 2021 election. The Nomination Form can be sent in with your membership request. The sooner this is done the better. It doesn't require any special procedure to be a candidate. You can nominate yourself or request that another member be nominated.

As you all know the Friend's Board is a group who raises funds to supplement the COA budget. We have no say in how the Center is operated. But the fact that we contribute as much as \$23,000 annually has a big impact on the Center. Often we make suggestions that make the Center an even better place for the Seniors to visit. We certainly appreciate the financial support we get from

our members but an active presence is also appreciated.

We want to stress that a member doesn't need to be a senior. Over 20 years ago, when the FLCOA was begun, everyone on the board was under the age of 55. There were even officers and members in their 40's. Along with your renewal you could enroll a daughter, son, niece, nephew, friend or any younger person you may know. New and different opinions are a boon to any organization. Please do not delay in submitting nomination papers for candidacy. The more members we have on the ballot the better.

Any questions you may have concerning the FLCOA please do not hesitate to get in touch with any member of the Board. Happy Valentine's Day. And fill out those membership and nomination forms today.

Donations Appreciated

Please consider sending a donation to support the Lowell Senior Center. We are an organization whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging. Please mail to: FLCOA, 276 Broadway Street, Lowell, MA 01854.

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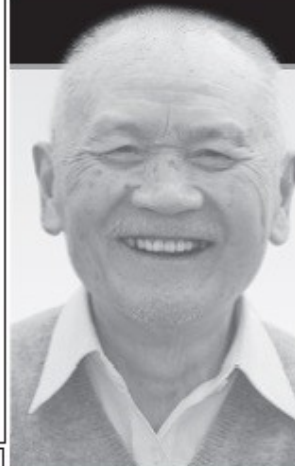
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